



The best activities guide around!

FEBRUARY 2008



CZCC Super Bowl Party – 4th

CZCC AFE Show “shelbybrown” – 7th

Newcomer's Orientation – 13th

CZCC AFE Show “seminolecounty” – 13th

CZCC Valentine's Day Gourmet Dinner – 14th

CZCC Black History Month Lunch Buffet – 15th

CZCC Community Night – 22nd

Parents Night Out – 22nd

Valentine's Day Gourmet Dinner



"See the Bugle for the advertisement".

14 February, Thursday
6 pm, CZCC (Eda's)

\$ 55/person or \$100/couple

Menu

Appetizer

Sliced Roasted Duck on Bed of Red Wine Risotto
w/ Raspberry Sauce

Soup

Japanese Consomme w/ Yellow Tail and
Grilled Rice Cake (Omochi) Ala Eda

Salad

Wild Mixed Green Salad w/ Fresh Mushrooms and
Prosciutto Ham

Chef's Special Japanese Style Onion Dressing

Entree (Seafood)

Lobster medallion w/ Sauce Americane and
Champagne Sauce

Entree (Beef)

Beef tenderloin Rossini Style
w/ Potato Parisienne

Dessert

Opera Cake w/ Tuxedo Strawberry



The U.S. Army Garrison, Japan (USAG-J), MWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with disabilities reasonable accommodation, and are included in all community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.



ZAMA Community BUGLE

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THIS MONTH'S COVER

This is for those romantically inclined persons who like to express their feelings with tangible items. The Camp Zama Arts and Crafts Shop has a variety of Valentine's items, and, best of all, they'll deliver them right to the door of your beloved at Camp Zama, SHA or the Sagami Depot on Valentine's Day. Stop by the shop, see the offerings, pick your favorite and leave an address. There are giant helium filled balloons, rose bouquets, printed cups, miniature laced red heart pillows and gift boxes with ribbons for purchase. See the Arts and Crafts Shop information on page 23. Hobby Craft Instructor Hiromi Suzuki, on this month's cover, shows one of the giant helium balloons available. Check with the staff about other means of expressing yourself with an original designed T-shirt, a mounted plaque, or a specially cut fancy mat in your choice of a beautiful wooden custom picture frame with your photo.

Photo by Mr. Richard Haun, technical enhancement by Hideko McKeta.



Better Opportunity for Single Service Member

MEETINGS

- **Tuesday, 12 February**
- **Tuesday, 26 February**

**All meetings are at 2 pm at the CCC.*

MWR DIRECTORS AND PROGRAM MANAGERS

DIRECTOR, MWR	MR. WERTZ	263-7611
ARMY COMMUNITY SERVICE	MR. CLARK	263-8057
ARTS & CRAFTS CENTER	MR. NODERA	263-4412
AUTO CRAFTS	VACANT	263-3615
BOWLING CENTER	MS. GREEN	263-8044
BUSINESS DIVISION	MR. SHODA	263-4452
CAMP ZAMA COMMUNITY CLUB	MR. BENTON	263-4133
CDC, SHA	MS. SEKTAN	267-6348
CDC, ZAMA	MS. O'LEARY	263-4992
CENTRAL REGISTRATION OFFICE	MS. DAILEY	263-3241
CHILD & YOUTH SERVICES	MR. DELONG	263-8086
COMMERCIAL SPONSORSHIP	MR. McKETA	263-5995
COMMUNITY CULTURAL CENTER	MR. TAKASE	263-8892
RECREATION DIVISION	MR. STEARNS	263-3479
DIRECTOR OF GOLF	MR. JORGENSON	263-3694
ENTERTAINMENT	MR. TAKASE	263-8892
FAMILY CHILD CARE	MS. O'LEARY	263-8081
FINANCIAL MANAGEMENT OFFICE	MR. WEBER	263-5572
HARDY BARRACKS LODGING	MR. SHIBATA	229-3270
HOB NOB INN	VACANT	267-6097
INFORMATION SERVICES OFFICE	MS. TANIGUCHI	263-5616
INTERNATIONAL TOURS	MS. NAKAMURA	263-5273
KENNELS	VACANT	263-5915
KURE CLUB	MR. RICKS	256-2580
KURE LODGING	MR. RICKS	256-2539
LIBRARIES	MR. LACOMBE	263-5267
LOCAL TOURS	MR. SHINDO	263-4405
LODGING OFFICE	MR. AKITA	263-3830
MWR CENTRAL WAREHOUSE	MR. KEELEY	263-4877
MWR MARKETING	MR. HAUN	263-4721
NAF CONTRACTING	MS. HEINS	263-4939
NAF MAINTENANCE	MR. MATSUDA	263-3110
OUTDOOR RECREATION	MR. SENATORE	263-3311
POOLS	MS. BAILES	263-5656
PRIVATE ORGANIZATIONS	MS. MANRIQUE	263-5316
SAGAMI LOUNGE	MR. KOMAGATA	268-4954
SCHOOL AGE SERVICES	MS. CAMPBELL	267-6317
SCHOOL LIAISON OFFICER	MS. HETZEL	263-3241
SPECIAL EVENTS COORDINATOR	MS. COOPER	263-5712
SPORTS & FITNESS & AQUATICS	MR. THOMPSON	263-3954
SUPPORT SERVICES DIVISION	MR. CANNATA	263-4273
YOUTH CENTER	MR. MCKIBBIN	263-8574
YOUTH SPORTS	MR. SANTANA	263-5437

OKINAWA MWR

MWR PROGRAM MANAGER	VACANT	644-5396
SCHOOL LIAISON OFFICER	MS. BROOME	644-4703

OTHER NUMBERS

AAFES	MR. DEVLIN	263-3775
NAF CENTRAL ACCT	MR. LUTZ	263-4222
CPAC	MS. BEST	263-3755
CPAC NAF UNIT	MS. SHARROCK	263-4383

See inside back page for MWR facilities and additional activities.

MWR MARKETING

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263-4721/8994

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Fax DSN: 263-5487

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Unit 45006

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APO AP 96343-5006

Official Business

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February Bugle Editor: Hideko McKeta

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A

• **Medical Morning Orientation.** Health care professionals provide information about medical care and counseling services in Japan and the military community. A pharmacy class, which is mandatory for military and civilian personnel in order to receive over the counter medications, is also given during this briefing. The briefing will be held on 14 February at the Camp Zama Community Club (right wing). Adult family members may also attend.

■ Army Community Service • 263-8327

RELOCATION READINESS 263-HELP (4357)

• **Newcomers Train Class, Parts I and II**

Part I - 14 February, 6 - 8 pm, ACS Community Room, Bldg 402. This class will teach you how to read the signs in the stations, buy train tickets and more.

Part II - 16 February, 9 am - 4 pm, Gate 4, Camp Zama. Join us as we practice how to travel by train and subway. Children and Family members are welcome; bring about ¥1,400 per person for transportation expenses and extra yen for shopping.

• **Shopping on the Economy**

15 February, 9:45 am - 12:30 pm, Gate 4, Camp Zama. Join our Japanese volunteers as they take you on a guided tour to a local supermarket, then on to the five story 100 Yen Shop in Machida. Bring ¥400 for transportation and extra yen for shopping. Children are welcome.

MOBILIZATION AND DEPLOYMENT PROGRAMS 263-HELP (4357)

Please contact Gary R. Woods at 263-8091 to schedule your unit pre-

deployment readiness training, re-union briefing, Family readiness group training, and unit rear detachment commanders training.

• **Pre-deployment and Ongoing Readiness Training, 263-HELP (4357)**

This training is designed to help all deploying military, civilians, and their Families prepare for a less stressful and more successful deployment held the 2nd Thursday of each month from 3 - 4 pm in the ACS Community Room.

• **Deployment Readiness Support Group, 263-HELP (4357)**

If your spouse is deployed, then ACS is looking for you! The support group is held the 2nd Thursday of the month from 5:30 - 6:30 pm in the ACS Community Room, Bldg 402.

AER/FINANCIAL/EMPLOYMENT 263-HELP (4357)

ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling, plus a host of many other finance related support programs. This program was created to

INFORMATION REFERRAL, 263-2382

The ACS Resource Contact Information Database, which provides information on services, agencies and organizations for most military bases throughout Japan, is accessible using AKO-CAC readers at <https://intranet.zama.army.mil>. Click on the USAG-J icon, the Morale Welfare and Recreation icon, then the ACS Resource Contact Information icon (select the pop up blocker security setting). I&R also provides directions and maps to military bases and tourist destinations throughout Japan. For more information, contact Stacey Davis directly at 263-2382.

Japan weather information website: <http://www.jma.go.jp/jma/indexe.html>

- **Japanese Language Class:** Every Wednesday, 10 - 11 am (advanced class) and 11 am - noon (beginner class). Taught by a native Japanese speaker.
- **Children's Japanese Class:** Every Monday, 10 am - noon. Taught by a native Japanese speaker. No class on 18 February.
- **Japanese Language and Culture Class:** Every 2nd, 3rd, 4th and 5th Thursday, 10 am - noon. All levels welcome. Taught by a native Japanese speaker.
- **English Teachers Network:** 21 February, noon - 1 pm. Find out how to recruit students, what fees to charge, how to advertise your services, teaching resources etc.
- **English as a Second Language Class:** ACS is looking for a volunteer to teach this class once a week. Day and time negotiable. Contact Mandy Clark at 263-8057 for more information.

NOTE: Above classes are in the ACS Outreach Room, Bldg. 402.



enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made program to help achieve personal financial readiness through the use of sound money management and consumer skills. For more information, phone 263-5550.

* 1st Wednesday each month 8:30 am - 4:30 pm, Mandatory First Term Soldiers Financial Readiness Class.

* 2nd Wednesday of each month 1 - 2:30 pm, Credit and Debt; 2:30 - 4:30 pm, Investment / TSP.

* 4th Wednesday of each month, 1 - 2:30 pm, Basic Budget; 2:30 - 4:30 pm, Checkbook Management.

FAMILY ADVOCACY PROGRAM 263-HELP (4357)

The Family Advocacy Program provides services that support military Families. The programs are designed to prevent Family violence and sexual assault. An Anger Management Workshop will be offered on 6 and 13 February at 1 - 3 pm at ACS, Bldg 402. This two part training is designed for those who would like to gain tools and techniques for managing anger effectively. A Couples Communication Workshop will be offered on 12 February, 3:30 - 5 pm. All classes are free and require pre-registration. Please contact ACS at 263-8327 to register. If you, your unit, or organization would like to schedule a class, workshop or seminar on topics such as spouse and child abuse prevention, reporting and referral procedures, safety education, Family life enhancement, stress management, survival tips for parents, etc., contact the Family Advocacy Program Manager at 263-8327.

The Reporting Point of Contact (RPOC) for suspected child abuse and spouse abuse is the Military Police at 263-3002. Reports of domestic violence may be made on a restricted basis only to the following designated personnel: military health care providers, Family Advo-

cacy clinical social workers at Behavioral Health Services at 263-4610, and the Family Advocacy Program Manager (FAPM) at 263-8327. Information provided in restricted reports will not be disclosed automatically to command or law enforcement. Access to medical care, forensic examination, advocacy, intervention and support will be provided. Contact Luticia Trimble-Smith at 263-8327 for additional information about domestic violence restricted and unrestricted reporting.

• Sexual Assault Prevention and Response Program (SAPRP)

This is a commander's program designed to help prevent sexual assault through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who is sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-8057 or the on-call Unit Victim Advocate at 090-9395-8909. To make an unre-

stricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-8327 or 080-5080-0430.

EXCEPTIONAL FAMILY MEMBER PROGRAM, 263-HELP (4357)

The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member which ever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family Member must in-process with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Parent Support Group which meets every 3rd Tuesday of each month at ACS from noon - 1 pm. For more information or to

New Parent Support Program

The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.

- **Play Morning** is an interactive playgroup for parents and children aged birth to 6 years. Held Tuesdays 9:30 - 11 am at Zama Chapel, Bldg 502, and every 2nd, 3rd, and 4th Thursday, 9:30 - 11 am, at SHA CDC.
- **Breast Feeding Support Group** is held Thursday, 7 February, 9:30 - 10:30 am, at ACS, Bldg 402.
- **Baby Love Seminar "Safe Play, Safe Toys"** held 26 February, during Play Morning.
- **Community Parenting Workshop "Supporting Fathers"** held on 20 February, 3:30 am - 4:30 pm at ACS Bldg 402. Preregister by COB 19 February at 263-8327.
- **Baby Bundles** are available for new and expecting parents. Also, electric breast pumps can be checked out. Call 263-4572 or e-mail carol.watrous@us.army.mil for more information".



register for upcoming workshops contact the ACS EFMP Coordinator at 263-4572.

COMMUNITY LIFE OFFICE 263-HELP (4357)

Army Family Team Building (AFTB) Passport to Power: "The Key to your Army Journey". Join us for our next AFTB Class! AFTB Level I is being offered as a brown bag lunch series. Join us every Monday, 11:30 am - 1 pm, at ACS as we explore the basics of Army Life!

Dates: 11 and 25 February; 3, 10, 17, 24 and 31 March.

For more information or to register for upcoming workshops, please contact the AFTB Program Manager at 263-4785.

ARMY VOLUNTEER CORPS (AVC)

Would you like to learn new skills, meet new people and explore new career fields? Would you like to make a difference? Then you may want to enter the exciting world of

volunteerism. To become a Camp Zama volunteer contact your Army Volunteer Corps Coordinator.

ARMY FAMILY ACTION PLAN (AFAP), 263-HELP (4357)

To submit an AFAP issue, log onto

<http://www.mwrjapan.jp.pac.army.mil/> and click on "Submit a 2008 AFAP Community Idea/Concern". Issues can be submitted anonymously and will be sent directly to the AFAP Program Manager.

NEWCOMER'S ORIENTATION

Wednesday, 13 February, 8 am - 2:30 pm

Camp Zama Community Club (Right Wing)

- Opening welcome by the Command Group and overview of different programs and services presented by various representatives.
- "Taste of Japan" luncheon at the Camp Zama Community Club; sponsored by KDDI (Left Wing).
- Mandatory for military and civilian personnel. Adult Family members are encouraged to attend.



MWR Commercial Sponsorship and the **ACS staff** thank our sponsor, **KDDI**, for supporting the Newcomer's Orientation Program and the Zama community.

• For International Calls:

99 + 001 + Country Code + Area Code + Phone No.



Mon, 4 FEB, 4:30 - 5:30 pm at Zama Youth Center

ARIZONA CARDINAL CHEERLEADERS CLINIC



FOR WHOM: This is open to everyone - you do NOT have to be a cheerleader to attend. All interested youths (and parents) are welcome.

EXTRA: After the clinic, get an autographed photo of the cheerleaders or take your own photo.

FOR MORE INFORMATION, PHONE 263-4066 OR 5995



■ Paid Advertisements

“See the Bugle for the advertisement”.

Are you
ever bored on
Sundays? The Zama
Youth Center will be
open on 10 and 24
February, noon - 5
pm.

If you would like
detailed information
on any of our
programs, please
check out our web
site at [http://](http://www.zamayouthcenter.org)
www.zamayouthcenter.org

■ Child and Youth Services • 263-4500

www.zamayouthcenter.org

YOUTH CENTER

Check out our 4-H Arts and Crafts program every Tuesday starting at 3 pm. Each week, we will have different projects for you and your friends.

• 8th Annual Mardi Gras Party

Wednesday, 6 February, plan to attend the 8th Annual Mardi Gras Party at the Zama Youth Center from 3 - 5:30 pm. Come out and enjoy great food, entertainment and music from the Big Easy.

• Parent Advisory Committee Meeting (PAC)

Wednesday, 13 February, the monthly PAC (Parent Advisory Committee) for the Zama Youth Center will start at 5:30 pm. You are an important part in helping us with input regarding youth center programs, as well as establishing or changing youth center procedures.

• Girls Basketball Game with Yokota Panthers Girls Team

Wednesday, 13 February, come to the Zama Youth Center to go to Yokota to watch the Zama High School girls basketball team play the Yokota Panthers girls team. The bus

will depart the youth center at 3:30 pm. Only a limited number of seats are available, so don't wait to sign up at the youth center.

• Sixth Grade Happening

Friday, 15 February, the monthly "6th Grade Happening" will be held from 7 - 10 pm. The cost is \$2. Transportation will be provided from Sagami Depot at 5:45 pm, SHA Commissary, and Atsugi Theater at 6:30 pm. Come out and enjoy a night of fun, food and lots of entertainment.

• Tae Kwon Do Classes

Child and Youth Services offers Tae Kwon Do taught by Sensei Kang, 7th degree black belt, from beginner to advance for youths ages 5 and older. Classes are every Monday and Thursday from 5:30 - 7:30 pm. Cost is \$45 per month. For more information, call 263-4125.

COMPUTER LAB

• Digital Arts Festival (Web Design)

Learn how to create your very own web page and have it entered in a competition to win awards and prizes. Age groups are 10 - 12, 13 -



SKIING SNOWBOARDING

Hakuba 47
Friday, 1 February
Depart: 4 am
Return: 9 pm
Cost: \$60

Overnight Trip to Shiga Kogen
(Where the 1988 winter Olympics were held).
Friday, 16 - 18 February
Depart: 3 am
Return: 9 pm
Cost: \$170
Food included

The fee includes free ski or snowboard rental, transportation and free instruction from a trained professional. You must go to Outdoor Recreation for free equipment rental 7 days prior to the trip. Sign up at CYS Central Enrollment Registry Office, Bldg #533. For more information, please call 263-5441/4500.

15, and 16 - 18. All local winners will advance to the regional competition. For more info, go to <http://zamayouthcenter.org/techlab/digitalartsfestival08.htm>

• **Creating Your Own Web Page**

Thursday, 7 February, create your own web pages. For more info, go to <http://zamayouthcenter.org/techlab/digitalartsfestival08.htm>

• **Digital Arts Festival (Graphic Design)**

Learn how to design graphics and have it entered in a competition to win awards and prizes. Age groups are 10 - 12, 13 - 15, and 16 - 18. All local winners will advance to the regional competition. For more info, go to <http://zamayouthcenter.org/techlab/digitalartsfestival08.htm>

* Basics of Graphic Design

Thursday, 21 February

* Create a Cover of Your Own Magazine.

Thursday, 28 February,

For more info, go to <http://zamayouthcenter.org/techlab/digitalartsfestival08.htm>

• **Meetings**

Join the best Teen Tech Team in the Army! - Meetings are on Tuesdays from 3:30 - 5:30 pm in the tech lab. Tech team members are involved in photo taking, manipulation, movie making, web designing and community projects concerning technology



Middle School
Valentine Dance
16 February, 7 - 10 pm
Cost: \$3
 Transportation will be provided from Sagami Depot at 5:15 pm, SHA Commissary, and Atsugi Theater at 6 pm.

and much, much more. <http://www.zamayouthcenter.org/clubs/techclub.htm>.

• **Lego Robotics Program**

Registered members who are in 6th thru 12th grades will meet 13 and 27 February, 3 - 5 pm. The participants co-operate with adult mentors in creating robots according to their own interest. The participants start by using pre-existing instructions for building their robot, followed by a programming and investigation session that defines the blueprints for the robot's performance. Contact Mr. Sheahan at 263-8573 for more information. <http://www.zamayouthcenter.org/techlab/robotics.html>

• **ZTN Zama Teen News**

Join us on our very own news show. Club members in grades 6 - 12 will meet on 6 and 20 February, 3 - 5:30 pm. Learn how to film, edit and produce our own news show which will be shown on our website and on the

MWR TV channel. We are looking for youth anchors, reporters, camera persons, editors, and producers. Youths may join in at any time. Volunteers are needed to help make this program a success. Contact Mr. Sheahan at 263-8573 or e-mail at techlab@zamayouthcenter.org for more info. More information on our ZTN program can be seen at www.zamayouthcenter.org/ZTN

• **Friday Night Game Night**

Attention!!! All registered youth center gamers who are in 6th thru 12th grades. Join us the second and fourth Friday night (except on dance nights) from 6 - 10 pm for "Game Night" and battle it out with our popular tank game and more. Prizes will be given out for the Top Dogs. Contact Mr. Sheahan for more info at 263-8573 <http://zamayouthcenter.org/techlab/gamenight.htm>

■ Youth Sports and Fitness • 263-5437/4066/5991

SCHEDULE OF YOUTH SPORTS ACTIVITIES

For all Youth Sports and Fitness information, please visit our website at: www.zamayouthsports.org

Events	Registration Date	Cost	Event Date	Age Group
In-Line/Floor Hockey		\$50	5 Jan - 9 Feb	5 - 15
Swim Team		\$40	12 Jan - 22 Mar	5 - 15
Swim coach needed to have swim season.				
2008 Basketball Season and Basketball Cheerleading		\$40	16 Feb - 29 Mar	3-4, 5-6, 7-8, 9-10, 11-12 13-15, Girls (9-11, 12-15)
Baseball and Softball Season	1 Feb - 28 Mar	\$40	26 April - 7 Jun	3-4, 5-6, 7-8, 9-10, 11-12 13-15, Girls (9-11, 12-15)

Youth Sports Parents Sportsmanship Meeting (PAYS). Every parent who registers a child for Youth Sports must attend a PAYS meeting once a year. Meeting date is 2 February, 10 am at the Zama Youth Center.

• All registrations are taken at the CYS Central Enrollment Registry Office, Bldg #533. For more information, call 263-4066/5991.

P

arent

Advisory Council Meeting (PAC). Parents are invited to attend and support the SAS Parent Advisory Council meeting every third Thursday, 5 pm, Bldg 337 at SHA. Please come with your agenda or list of changes you want to see in SAS. Parents, please come and help support the Parent's Advisory Council.

■ School Age Services • 267-6317

SAS BEFORE AND AFTER CARE

Are you looking for a place where your children can join other children in a fun learning environment? Come join School Age Services Before and After School Program!

• **School Age Services February Theme**

Cultural Awareness
Black History Month
National Children's Dental Health Month

• **Character Counts**

Respect

• **SAS operational hours**

Regular: Monday - Friday
0630 - 0830 and

1500 - 1800

Early Care: Monday - Friday

0530 - 0630

No School Days: 0530 - 1800

• **Open Recreation**

Monday - Friday

1500 - 1800

Saturday

1300 - 1700

REGISTRATION

To register your child, or for more information, please stop by the CYS Central Enrollment Registry Office in Bldg 533, or call 263-4125 or SAS at 267-6013.



BOYS & GIRLS CLUBS

SAS OPEN RECREATION

Parents, are you looking for a program that can provide great fun for your children from Monday to Saturday? School Age Services is offering open recreation opportunities in the After School Program, and Saturday afternoon for youth currently enrolled in grades one to six. Youths who participate in SAS open recre-

ation daily activities (arts, games, sports, etc.), please be advised that from Monday to Friday attendance from 3 - 6 pm is based on space availability. On Saturdays, the maximum attendance is 30 children. Come and join this unique program. We will be planning several field trips during open recreation time on Saturdays starting in February.

SAGAMIHARA CHILD DEVELOPMENT CENTER PROGRAMS (SHA)

Part Day Toddler Program

Toddler Time

Ages 18 months to 3 years, 8:30 - 11 am

3 or 5 days a week. Toddler Time follows the DoDDS Academic Calendar.

Part Day Preschool Program

Academic Adventure

Ages 3 - 5, 8:30 - 11 am or 12:30 - 3 pm

3 or 5 days a week. Academic Adventure follows the DoDDS Academic Calendar.

For detailed information, please call 267-6564.
All registrations are taken at the CYS Central Enrollment Registry Office, Bldg #533. For information, call 263-4125 / 4743.

Open Recreation hours are:

Monday - Friday: 3 - 6 pm

Saturday: 1 - 5 pm

INFORMATION FOR OPEN RECREATION

• Youths are limited to ten hours of open recreation per month. Each youth must have an "Open Recreation" card to participate and must be registered with CYS.

• Participation is limited to youths in grades one to six.

• CYS Open Recreation cards are available through the CYS Central Enrollment Registry Office (Bldg 533). Each card is issued for a specific month.

• Questions? Please call 267-6013 or 263-4743.

■ Child Development Center • 267-6564

SAGAMIHARA HOUSING AREA

• Closed

* Monday, 18 February, SHA CDC closed (President's Day).

• **Yoga Bear Night with Mr. Ben**
Wednesday, 6 February, 5:30 - 6:30 pm.

• **SHA CDC PAC Meeting** (for patrons only) will be held on Wednesday, 13 February, 4 - 4:45 pm, at the SagamiHara Housing Area Child Development Center.

• Valentine's Day Party

Thursday, 14 February, 3 - 4 pm.

For more information, please phone 267-6564.

ZAMA CHILD DEVELOPMENT CENTER

• Closed

* Monday, 18 February, Zama CDC closed (President's Day).

• PAC Meeting

Wednesday, 13 February, 4 - 5 pm.

For more information, please phone 263-4205.

Zama Child Development Center

Parents Night Out

Friday, 22 February
5 - 11:30 pm

For reservations:

- Reservations and payments must be made at CYS Central Enrollment Registry Office prior to the event.
- Child must be registered with Child and Youth Services (CYS).
- Cancellations must be made two (2) days prior to the event.
- Unlimited space available.
- Open to children 6 weeks to age 12.

\$20 per child

*** Light dinner will be provided at 6 pm and a snack at 9:30 pm ***

For more information, please call CYS Central Enrollment Registry Office at 263-4743/4125

SHA-LOOP

"FUN RUN"

Saturday, 23 February, 10 am

- Shake the "winter blues" by participating in an exhilarating "2-mile" fun run.
- SHA-Loop starting and ending in the area adjacent to the Narita bus stop.
- Open to both males and females.
- Awards - 1st and 2nd place (male and female) in the following age categories: 18 - 29, 30 - 39, 40 - 49, and 50 plus

***** ALL PARTICIPANTS RECEIVE A QUALITY T-SHIRT *****

- Registration: Register at the Yano Fitness Center front desk until 21 February (sorry, no registrations taken on the day of the race).

PLEASE NOTE THAT COMMANDER'S CUP POINTS WILL BE AWARDED.



For information: please phone 263-4664 or 263-7980

MWR COMMERCIAL SPONSORSHIP and the YANO SPORTS STAFF thank DECA for supporting this community event.



SHA-LOOP is a registered trademark of the SHA-LOOP program.

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ttention

GHIN subscribers. It is time to renew your GHIN membership for 2008. All subscribers have been deactivated. Please pay the \$22 fee in the golf shop to activate your GHIN membership. The Junior fee for 2008 is \$10 (17 and under).

■ Camp Zama Golf Club • 263-3694

<http://www.usarj.army.mil/information/mwr/business/golf/>

TRADE-INS

You can trade-in your old clubs for "instant" credit towards the purchase of new clubs. Find out how much your clubs are worth at <http://valueguide.pga.com/>

TOMODACHI DAYS

Tomodachi Days in February are as follows:

8 February - Friday
15 February - Friday
22 February - Friday
25 February - Monday

Your Japanese guests (up to three) can play with you for the low

fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

PAYDAY SCRAMBLES (FREE)

Friday, 8 February, shotgun start at 11 am, "Superintendent's Revenge Day". The course will be set up a bit "differently". Bring a sense of humor!!! FREE! Friday, 29 February, shotgun start at 11 am. MWR is paying the \$15 entry fee and green fees for nonmembers. MLC/IHA pay ¥4,000 and JGSDF pay ¥2,000. Limited to personnel assigned to USARJ, supporting and tenant units and their Family members.

NICHIBEI FRIENDSHIP TOURNAMENT

Thursday, 21 February, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers.

Visit Zama MWR at

www.mwrjapan.jp.pac.army.mil/ for Club, Golf, Bowling and Lodging information and more.

ATTENTION

TEE TIMES



READY 4 TAKE OFF!

Effective immediately, no unaccompanied guests will be allowed to make tee times during the first 30 minutes during weekdays. The first two hours on weekends and US holidays are restricted to SOFA personnel and their guests only.

LEARN TO GOLF ADULT CLASSES

TAKE THE MYSTERY OUT OF GOLF

Course is designed for beginner golfers and covers putting, chipping, full swing, rules, and etiquette.

- Instructor: Dale Jorgenson, Director of Golf School Nii, Assistant Golf Professional
- Date: Wednesdays - Yearly Schedule
- Date: 4 - 5:30 pm
- Class Size: Maximum 16 and Minimum 6
- Price: \$99 per person
 - * Price includes: Five group lessons per session (First four at range, fifth at course)
 - * Four 9 hole rounds of golf (cart not included)
 - * Golf clubs and balls (for class)
- Enroll: Sign up at the Golf Course Pro Shop
- Eligibility: Open to SOFA status personnel, MLC, IHA, HPT and JGSDF only

2008 Group Lesson Schedule

- Session 1: 5, 12, 19, 26 March and 2 April
- Session 2: 23, 30, April and 7, 14, 21 May
- Session 3: 4, 11, 18, and 25 June and 2 July
- Session 4: 13, 20, 27 August 3, 10 September
- Session 5: 1, 8, 15, 22 and 29 October

POC: DALE JORGENSEN, DIRECTOR OF GOLF dale.jorgenson@zama.army.mil or 263-3694

SCHAD NII, ASSISTANT GOLF PRO schad.nii@zama.army.mil or 263-5284



RULES OF GOLF SEMINAR

Changes for 2008

FREE

Wednesday, 13 February, 4 - 5:30 pm

Golf Course Dining Room

The first 50 to register will receive a free 2008 USGA Rule book. Sign up in the golf shop.



■ Golf Course Restaurant • 263-3694

LUNCH

Mondays

(Featuring Filipino Dishes)

- 4 Lumpia w/Sweet and Sour Sauce
- 11 Chicken Adobo
- 18 U.S. Holiday (Regular Menu)
- 25 Pork BBQ Skewer (Cucumber and Tomato Salad)

Tuesdays

- 5 Hot Roast Beef w/Brown Gravy

LUNCH

- 12 Baked Cornish Hen w/Chicken Gravy
- 19 Roast Pork w/Brown Gravy
- 26 Baked Meatloaf w/Brown Gravy

Wednesdays

- 6 Sweet and Sour Chicken
- 13 Beef and Broccoli
- 20 Chicken Cashew
- 27 Pork Cutlet w/Curry

Thursdays

- 7 Taco Salad

LUNCH

- 14 Cajun Grilled Sliced Pork
- 21 Beef Enchiladas
- 28 Chicken Fajitas

Fridays (Every Friday)

- Fried Cod Fish and
- Fried Shrimp

Saturdays (no daily lunch special)

Sundays

- 3 Pork Picata w/Tomato Sauce
- 10 Ham Macaroni Gratin
- 17 Chicken Parmesan on Pasta
- 24 Chicken Pot Pie

C a m p • Z a m a • G o l f • C l u b


"TOTAL VISION"

...Video Instruction...

Cost is \$75

(includes a take home video tape)

Zama Golf Club announces Computer Swing Analysis using 'Total Vision'! Spend an hour with the pros for a detailed analysis of your golf swing using the latest computer technology.

Call Dale Jorgenson at 263-3694 for an appointment.



Picture shows the capability of the "Total Vision System"

■ Zama Bowling Center • 263-4780

THIS MONTH'S SCHEDULE

• **King of the Hill Tournament**

Sunday, 3 February, 11:30 am - 6:30 pm.

• **Valentine's Handicap Doubles Tournament**

Saturday, 9 February, 1 - 6 pm. Team must consist of one man and one woman.

• **Mardi Gras "Cosmic" Bowling Party**

Saturday, 23 February, 7 - 10 pm. Everyone welcome. Everytime you get a strike you get a bead necklace. At the end of the night, the person with the most beads wins a "Mys-

tery" prize.

• **Youth and Adult League** (one adult and one youth)


Begun 19 January, 1 pm. This is a USBC sanctioned league for 15 weeks until the last week in April. USBC fees are \$18 for adult and \$12 for youth (good for one year). Still time to sign up. Cost is \$15 per team, per week; (\$10.50 is for game fees and \$4.50 is for the prize fund).

• **Wednesday, "Family Time": free bowling** from 3 pm to closing.

• **Pre-Paid Bowling Cards** 10 games for \$15

JAPANESE AMERICAN

Friendship Bowling



19 February, 5 - 8 pm

Laser lights, music, and finger foods "All Free"

Cafe

Roberto: We will be offering a new Continental breakfast, Tuesday - Friday, 7 - 9 am.

The Camp Zama Community Club will be closed Monday, 18 February, for the "President's Day" holiday.



■ Camp Zama Community Club

• 263-4547

FIRELITE LOUNGE

• "Karaoke" and "Hip Hop Music"

Every Friday night "Karaoke" from 7 - 10 pm and "Hip Hop Music w/ DJ" from 10 pm - 3 am in the Firelite Lounge playing your favorite Hip Hop artist songs.

• Saturday Night (Country Music with DJ)

On 2, 9 and 16 February, 8 pm - 2:30 am in the Firelite Lounge hear your favorite country artist songs. On the 2nd and 4th Wednesday enjoy free line dance instruction from 8 - 9:30 pm.

• Hip Hop Music w/DJ

Thursday, 14 February, 8 pm - 1 am, in the Firelite Lounge playing your favorite Hip Hop artist songs.

• Old School Music w/DJ

Sunday, 17 February, 8 pm - 1 am in the Firelite Lounge playing your favorite 60's, 70's and 80's artist songs.

• Latino Night

Saturday, 23 February, 8 pm - 2:30 am in the Firelite.

CAMP ZAMA COMMUNITY CLUB

POWER BINGO

Thursdays:

Cards on sale: 6 pm

Early Bird Game: 6:45 pm

Regular Game Starts: 7 pm

Sundays:

Cards on sale: 5 pm

Early Bird Game: 5:45 pm

Regular Game Starts: 6 pm

LUNCH

Sunday Brunch (10 am - 1:30 pm):

Adult: \$12.95

Youth 8 - 12: \$6.95

Youth 4 - 7: \$3.95

3 and under: Free

Tuesday: (Rotisserie Chicken, Katsu Don and vegetable of the day)

5 • Chicken Parmesan w/Pasta

12 • Chicken Fried Steak

w/Country Gravy

19 • Beef Stroganoff

w/Fettuchine

26 • Hayashi Rice

Wednesday: (Rotisserie Chicken, Chicken Don and vegetable of the day)

6 • Greek Moussaka

13 • Hamburger Steak

w/Mushroom Demi Glaze

20 • Kushikatsu (Fried Pork and Onion Cutlet Skewer)

27 • Pork Ginger

Thursday: (Rotisserie Chicken and vegetable of the day)

7 • Pork Chop Suey

• Chicken Cutlet

w/Curry Sauce

14 • Stir Fry Vegetable Bifun

• Fish Tempura

21 • Teriyaki Chicken

• Stuffed Green Pepper

w/Tomato Sauce

• (No vegetable of the day)

28 • Chicken Curry

• Pork Stir Fry Vegetables

• (No vegetable of the day)



LUNCH

Friday "Lunch Buffet" (vegetable and soup of the day) only \$6.95.

- 1 • Petty Pork Cutlet w/Curry Sauce
- Tandoori Chicken
- White Rice
- Ground Beef Curry
- 8 • Baked Fish Fillet w/Lemon Butter Herbs
- Beef Goulash
- Scalloped Potatoes
- 15 Black History Luncheon Buffet (Ballroom)
- Short Order and Cafe only
- 22 • Sweet Sour Pork
- Beef Broccoli
- Fried Egg Rolls
- Fried Rice
- 29 • Beef Taco Bar
- Chicken Enchiladas Verdes
- Burritos
- Mexican Rice and Corn

DINNER MENU

Sunday (Limited Menu) 5 - 9 pm
Two for One Steak Night for \$20

(good for "Steak of the Night" only and no take out)
(Includes soup and tossed green salad, hot vegetable of day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights).

Monday - Closed

18 February, "President's Day"

Tuesday (2 Meals for \$15 and regular menu) 5 - 9 pm
Menu will change every week.

Wednesday (5 - 9 pm)

- Mongolian BBQ
- Limited Menu

DINNER MENU

Thursday (Limited Menu) 5 - 9 pm

- "All You Can Eat Pasta, Pizza, Soup and Salad Bar" (no take out)

Adult: \$10.95

Youth 4 - 12: \$5.95

3 and under: Free

Friday (Regular Menu, 5 - 10 pm)

15 Valentine's Day Gourmet Dinner

22 Community Night

Saturday (Regular Menu) 5 - 9 pm

- Prime Rib Dinner
- Prime Rib and Shrimp Scampi

16 Texas Hold'em / Black Jack Tournament

Our regular menu will be offered in addition to the above specials on Saturday night.

CAMP ZAMIA COMMUNITY CLUB

Dining Out

USA Dining Room

Tuesday Night Family Special
5 - 9 pm

Any Two Meals ~ \$15

Theme Menus ~ American, Chinese, Japanese, Korean, Mexican, etc.
*Menu changes every Tuesday.

**Includes soup & salad bar, hot vegetable of the day and your choice of baked potato, rice, mashed potato or fries.*

**Sorry NO take-outs!*

Sunday Brunch

Open: 10 am - 1:30 pm

Adults: \$12.95 • 8 - 12: \$6.95

4-7: \$3.95 • 3 and under: free

USA Dining Room

Thursday "All You Can Eat"

Pasta, Pizza, Soup & Salad Bar

Adults: \$10.95 • Ages 4 - 12: \$5.95

Under 3 years old: FREE

*Regular menu is available.
Sorry, NO take-outs!

Saturday Night Special

**Prime Rib
or
Prime Rib & Shrimp Scampi**

**Our regular menu will be offered in addition to the above specials on Saturday night.*

Friday Night Chef Special

Our regular menu will be offered in addition to the Friday night chef's special.

EVERY SUNDAY STEAK NIGHT

Two for One Steak for \$20 includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. (Good for "Steak of the Night" Only)

**Modified menu will be offered on Sunday nights.
Sorry, NO take-outs!*

■ Paid Advertisements

“See the Bugle for the advertisement”.

■ Sagami Lounge • 268-4954/4847

Orders: 268-4142

LUNCHES

MONDAY

- 4 Teriyaki Beef Steak
- 11 Turkey and Bean Enchiladas
- 18 Closed
- 25 Turkey A la King

TUESDAY

- 5 Chicken Taco Rice
- 12 Hamburger Steak w/Cheese
- 19 BBQ Spare Ribs and Ham-burger Steak
- 26 Spicy Fried Chicken

WEDNESDAY

- 6 Lasagna w/Garlic Bread
- 13 Pork and Kimchee Saute
- 20 Roast Turkey
- 27 Lasagna w/Garlic Bread

THURSDAY

- 7 All-U-Can Eat
Korean Buffet
- 14 Chicken Curry
w/Indian Bread
- 21 Mexican Buffet
- 28 Hamburger Steak
w/Onion Gravy

FRIDAY

- 1 Cajun Style Fried Catfish
- 8 Fried Shrimp w/Curry
- 15 Seafood Platter
- 22 Salmon Crout
- 29 Shrimp Soft Tacos

DINNER SPECIALS

TUESDAY NIGHT (LIMITED MENU/DINNER SPECIAL - \$7.50)

- 5 Mexican Dinner Special
- 12 BBQ Dinner Special
- 19 Japanese Dinner Special
- 26 Pizza and Pasta Dinner Special

WEDNESDAY NIGHT

Family night movies for adults and youth (6, 13, 20 and 27 February) regular dinner menu. Choose your discount.

To make a party reservation at Sagami Lounge, please phone 268-4954.

DINNER SPECIALS

THURSDAY NIGHT (REGULAR DINNER MENU)

FRIDAY NIGHT (MONGOLIAN BBQ)

Friday, 8 and 22 February, enjoy the best Mongolian BBQ in town!!!

- 1 Regular Dinner Menu
- 15 Regular Dinner Menu
- 29 Regular Dinner Menu

SATURDAY NIGHT

- 2 Steak and Scallops Set (\$20)
- 9 Steak and Seafood Plate Set (\$25)
- 16 Steak and Shrimp Set (\$20)
- 23 Regular Dinner Menu

CAMP ZAMA COMMUNITY BAZAAR

AT THE CAMP ZAMA COMMUNITY CLUB

OVER 50 VENDORS: ANTIQUES, CHINESE ROSEWOOD FURNITURE, CLOTHING, POTTERY, ELECTRONIC GOODS, KIMONOS, ARTS & PICTURES, TOYS, JEWELRY, KOREAN & THAI FURNITURE, HONG KONG LINENS.....

For more information: Phone 263-5316

MAR

SAT
1
9 AM - 5 PM

SUN
2
10 AM - 4 PM

■ HOB NOB INN • 267-6097

PARTY RESERVATIONS: Looking for a place to host your private party? The Hob Nob Inn dining room is available Wednesday through Saturday. Dates and times are available on a first come, first served basis. Room deposits are required to hold the date. Please contact the Hob Nob Inn for your reservation during operational hours at 267-6097 or the Camp Zama Community Club at 263-4547.



Visit Hob Nob Inn and check out the new large 42" flat screen television and karaoke machine. We have the equipment to make you look like a movie star and sound like a professional singer.

HOURS OF OPERATION

Lounge and Game Room

Sun, Mon, Tue: Closed

Wed: 1630 - 2300

Thu: 1630 - 2100

Fri: 1630 - 0100

Sat: 1900 - 0100

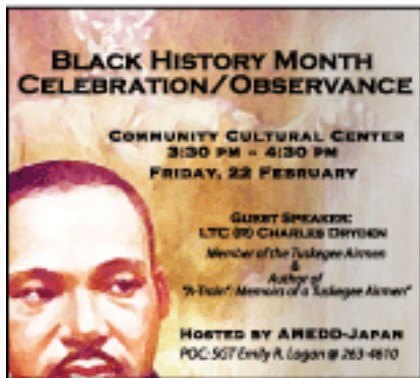
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ANTED:

CCC is looking for Jazz, Ballet, Theater Production, Sax, Guitar and Drum Instructors.

For more information, call 263-3939/8892.

CCC is looking for Community Drama Club members. For more information, call 263-3939.



■ Community Cultural Center

• 263-3939/5712/8892

CLASSES

• Ballroom Dance

* Beginner's Class (four classes per month, ¥3,000).

Tuesday and/or Thursday:
5:15 - 6:10 pm

The class is basically designed for beginners using simple steps. It takes about six months to go through all the dances.

Standard:

Slow Rhythm Dance
(party dance)

Basic Waltz

Basic Tango

Mambo (party dance)

Latin:

Basic, Cuban Rumba

Cha Cha Cha

Jitterbug (party dance)

* Basic Class (four classes per month, ¥4,500):

Thursday: 6:20 - 7:15 pm

The class is designed for students who have completed the beginner's class, or students who have been attending the beginner's class, or people who have some experience and good physical ability for dancing.

* Intermediate Class (four classes per month, ¥6,000):

Tuesday: 6:20 - 7:15 pm

The class is designed for students who have completed the basic class, or students who have been attending the basic class, or people who have more than a few years experience, skills and abilities for ballroom dancing.

• Hula Dance I and II (four classes a month).

I (beginner): \$50

Tuesday, 5 - 6 pm.

II (intermediate): \$50

Thursday, 5 - 6 pm

• Piano Lesson (four classes a month, ¥6,500).

Monday - Friday.

• Violin Lesson (four classes a month, ¥6,500).

Tuesday or Thursday.

• Koto Lesson (four classes a month).

Adult: ¥8,000, Youth: ¥7,000,

Tuesday.

• New Classes

Jazz, Ballet and Lyrical Dance, Monday and Wednesday. Registration for session #2 will be 4 - 8 February.

Camp Zama Community Club Firelite Lounge

ARMED FORCES ENTERTAINMENT PRESENTS
shelbybrown



MOTOWN RENOWNED

Thursday, 7 February, 7 pm

From the city that brought you Smokey, Marvin and Gladys comes Motown sensation and recording artist Shelby Brown.

ARMED FORCES ENTERTAINMENT PRESENTS
seminolecounty



CATCH A RISING SUPERNOVA

Wednesday, 13 February, 8 pm

Grammy recognized rock / rap duo Seminole County bring their musical genius to the stage in a fiercely original performance.

**TEXAS HOLD'EM
NO LIMIT**

"BLACK JACK TOURNAMENT"

**Saturday, February 16, 2 pm
CZCC Ballroom**

GRAND PRIZE
**Based on the number of
players who sign up**

**Information
263-4547**

***Tickets purchased by 12 February \$40**

\$50 after 12 February

***Covers the cost of buffet,
non-alcoholic beverages**

***Sign-up at the cashier's window
at CZCC**

***Rules will be available at
time of sign-up**



**\$50 a
night**



TORII BEACH CABIN

Each cabin will sleep one to six people (max 4 adults) and is available for rent seven days per week. Each cabin includes amenities such as a private bathroom (shower, bathroom sink and toilet), indoor and outdoor furniture, refrigerator, microwave, coffee maker, television, DVD players and BBQ grill. Visit Torii Beach Office, Bldg T301 to check in/out. Check in time is 3 - 5 pm. Check out time is 11 am. For more information, dial 99-098-911-5111 wait for dial tone, then dial 644-4659.

"See the Bugle for the advertisement".

W

anted:

aerobic instructors, fitness trainers, and massage therapists. Officials for all intramural sports (Tai Chi, flag football, softball, basketball, and volleyball are also needed). For more information, call 263-4664/7980.

■ Sports Office • 263-3954/4664

TANNING BOOTH

The Yano Fitness Center has two tanning booths. Hours are:

Monday - Friday:

6:20 am - 6:25 pm

Weekends:

10:05 am - 5:35 pm

Purchase a one session card for \$2.50, ten sessions for \$20, or twenty sessions for \$35 (you must be at least age 18). For more information, call 263-4664/3954.

• Aqua Massage

Yano Fitness Center offers aqua massage; \$5 for 15 minutes. You must be at least age 18.

YOGA

• **Hatha Yoga** is being offered at

Yano Fitness Center on Sundays at 3:30 pm, Wednesdays at 5:15 pm, Tuesdays and Thursdays at 10:30 am and 5:15 pm. The cost is \$6 per session, \$20 for a 4 session card and \$45 for a 30 day card. Morning and afternoon classes are Gentle Yoga and evening classes are Yoga Flow for a more vigorous workout.

MASSAGE

• Shizuka's Massage Therapy

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Days offered are Mondays, Wednesdays, Fridays, and Saturdays. First appointment is 10:30 am and the last appointment is 4 pm. Call the front desk at 263-4664 for additional information. The cost is \$45 for 60 minutes, \$35 for 45 minutes or \$25 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21). For more information, call 263-4664/3954.

NOTICE: The massage gift certificate is good for 90 days from the day of purchase. If you have a gift certificate and you are not sure of the expiration date, please contact the front desk at 263-4664.



YANO FITNESS CENTER

RACQUETBALL TOURNAMENT

10:30 am, Saturday, 15 March

- Open to all (18 years of age or older & not in high school).
- No Fee
- Men & Women's Divisions, double elimination.
- Awards for 1st & 2nd place.
- Register by 9 pm, Thursday, 13 March at the Yano Fitness Center issue counter.
- Commander Cup points awarded.
- For more details, call 263-4664/7980.



YANO FITNESS CENTER

3 POINT SHOOT OUT & FREE THROW COMPETITION

Free Throw Competition ~ 10:30 am
3 Point Shoot Out ~ 12 pm
Saturday, 9 February

***Applies to both events:**

- Open to all military personnel in the Camp Zama, Sagami Depot and Sagamihara Housing Area, retirees, DoD/DAC, AAFES, Family members (18 years of age or older and not in high school), JGSDF, and MLC employees.
- Divisions: Men and women
- No fee
- Awards for first and second place.
- Entry deadline to register is Friday, 8 February, 9 pm. Please register at the Yano Fitness Center issue counter.
- For more information, please contact 263-4664/7980.

• **Yukari's Soft-Chiropractic Massage**

Japanese "Physiotherapy with Yukari" is available on Fridays, 5:30 - 8:30 pm (first appointment at 5:30 pm and the last appointment at 7:15 pm), and on Sundays, 11 am - 6 pm (first appointment at 11 am and the last appointment at 5 pm). Call the front desk at 263-4664 for additional information. The cost is \$45 for 60 minutes, \$35 for 45 minutes or \$25 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21). For more information, call 263-4664/3954.

AQUATICS (263-5656/4664)

• **Yano Indoor Pool Hours**

Monday - Fridays: 6 am - 7 pm
Saturdays, Sundays, Holidays:
10 am - 6 pm (unless otherwise posted)

• **Water Aerobics Days and Hours**

Yano indoor pool:

Tuesdays and Thursdays
9 - 10 am

Mondays, Wednesdays and
Fridays 6 - 7 pm

See flyer for specific details and cost.

• **Age Policy for Pools**

Children 12 years of age and below are not permitted in the pool unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pool without parental supervision. Exception: Chil-

dren participating in special programs organized and conducted by Aquatics, CYS, the schools, or other authorized youth organizations may participate under designated adult supervision.

• **The Jacuzzi, Steam Room and Sauna** are co-ed at the Yano Fitness Center. On Wednesday mornings, both are closed for maintenance.

• **Solarium Party Reservations.**

If you are considering a party in the solarium, please submit a "solarium reservation request" to the front desk at Yano Fitness Center no less than two weeks in advance. Forms are available at Yano and can be e-mailed to you upon request.

• **Training Reservations** for the swimming pool.

If you are considering utilizing Yano Pool for unit PT, water survival training, or any other structured training program, submit a "Pool Training Reservation Request" to the Yano Fitness Center. For reservations, submit the reservation request no less than two weeks in advance. Forms can be e-mailed upon request.

Need ideas for PT Training? Do you need an instructor? We can help! Types of training we support: Water Survival Training, Water Aerobics, Aqua Jogger, APFT Swim Test, Water Exercise, Swimming Technique, Water Polo, and Water Basketball.

LEARN-TO-SWIM PROGRAM

*For more info, please call 263-4664-5656.

The Spring Learn-to Swim Program will resume in February and continue through April. Registration is taken at Yano Fitness Center. Registration deadline is the Wednesday prior to the start of the session. Youth and adult classes offered. See flyer for specific details: locations, dates, times, and levels offered. Some dates may change or vary. Classes may cancel based on staffing availability and/or participation at specific locations, times and levels.

YANO AQUATICS

LIFEGUARD TRAINING COURSE

25 February ~ 20 March

Mon, Wed, & Thur 5:30~9 pm

Sat - 8 am ~ 5 pm

*All dates & times are inclusive. See flyer for pre-requisites, course details and cost.

*Beginning 1 February, you can register for an American Red Cross Lifeguard Training Course.

*For more info, please call 263-4664/5656.

ATTENTION

14 January thru 10 February 2008, the Yano pool, solarium, sauna, Jacuzzi, and steam room will be closed. The shutdown is in conjunction with annual maintenance, equipment replacement and repair. The pool and all related areas should resume normal operation on 11 February.

Important information on vehicle air conditioning. The Auto Craft Shop will no longer be able to service vehicles that have the Air Conditioning gas R12. The Auto Craft Shop does know a local repair shop in the Zama area who still works on vehicles with the R12 gas. Vehicles with the A/C gas R134a will still be serviced as usual. NOTE: If you do not know what kind of gas your vehicle uses please stop by the Auto Craft Shop and we will be happy to tell you.

■ Auto Craft Shop • 263-3615

CAR WASH

PREPAID CARDS FOR THE CAR WASH

The prepaid cards for the car wash machines located at Camp Zama, Sagamihiro Family Housing Area and Sagami Depot are sold at the Auto Craft Shop. The cost for one card is only ¥3,000, but you get an extra ¥500 worth of credit! It's easy to use.

HOURS OF OPERATION:

Sunday - Monday - CLOSED
Tuesday - Friday: 1 - 9 pm
Saturday: 10 am - 6 pm
Training Holiday: 10 am - 6 pm

PLEASE NOTE:

- Tuesday - Friday clean up starts a half hour before closing.
- Saturday clean up starts one hour before closing.

SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the Auto Craft Shop is issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This

briefing is required before facility use and takes about 45 minutes.

HARLEY DAVIDSON PRODUCTS

The Auto Craft Shop has limited resale items for Harley Davidson. We have the basics for a tune up, various oil and lubes, spark plugs and some gaskets. Stop by the shop and see what we have to offer.

SERVICES

• *Used Vehicle Courtesy Inspection*

We offer a 20 point courtesy inspection for Soldiers and eligible personnel who are considering the purchase of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying it. We do not make recommendations or give guarantees. Inspections are done by appointment only.

CARWASHES

Auto Crafts has three car wash locations: Camp Zama, Sagamihiro Family Housing and Sagami General Depot. All locations offer the same service. The cost is very reasonable! ¥300 for a water wash, ¥500 for a "soap wash" and ¥600 for wash and wax. All machines now accept 25¢ coins. Cost is \$3, \$5 and \$6 respectively.

At Sagamihiro Housing Area, the car wash is located behind the Sagamihiro Gym Annex, Bldg #S126, open 24 hours; at Sagami General Depot, next to the AAFES Gas Station, open 24 hours; and at Camp Zama, at the Auto Crafts Shop, Bldg. #621; open seven days a week, Monday and Tuesday 8 am - 4:45 pm, Wednesday through Friday 8 am - 8:45 pm and Saturday and Sunday 10 am - 5:45 pm.

HELPFUL HINT

"When purchasing gasoline off post remember to put the correct fuel in your vehicle!!!"
At all off post gas stations each type of fuel is designated by the "Color of the Pump Handle"!!!

Green is Diesel
Red is Regular
Yellow is High Octane

PROFESSIONAL SERVICES

**Only
\$59.95**

Call for appointment, 263-3615

Professional Oil System Cleaning Service: \$59.95

Cleans engine oil system. Helps remove the sludge built up in engines that have not had frequent oil changes. Also helps eliminate noisy lifters. Environmentally safe (oil & filter extra).

Professional Fuel Injection Cleaning Service: \$59.95

This service will work on any vehicle. This service will help get rid of most "hesitation" when you step on the gas pedal. We provide the gasoline.

■ Chapel Activities • 263-4898

CATHOLIC SERVICES

Mondays - Thursdays, noon - 12:15, daily Mass, Blessed Sacrament, Chapel

Sundays, 9:15 am, Mass, Zama Chapel

Childcare is provided for children up to 36 months from 9 - 10:30 am, Bldg 502.

Sundays, 10:45 - 11:45 am, Catholic Religious Education Class, Religious Education Center (every Sunday except federal holiday weekend).

PROTESTANT SERVICES

Sundays, 11 am, Worship Service, Zama Chapel

Sundays, 11 am, Children's Church

A nursery is provided for children up to 36 months at Zama CDS, Bldg 502, during Sunday Services only.

Sundays, 9:30 am, Sunday School, Religious Education Center.

SAGAMIHARA INSPIRATIONAL SERVICES

Sundays, 9 am, Sunday School, Sagamihara Chapel

Sundays, 10:30 am, Worship Service, Sagamihara Chapel.

Wednesdays, 6:30 pm, Bible Study (men, women and youths), Sagamihara Chapel.

(Children's church and nursery services are provided for children up to kindergarten at the Sagamihara Chapel during Sunday services. Youth church for 1st grade through 6th grade during Sunday service).

PENTECOSTAL WORSHIP SERVICE

Sundays, 8 am, Worship service, Sagamihara Chapel

Sundays, 9 am, Children's Church, Sagamihara Chapel

Tuesdays, 6:30 pm, Bible Study, Sagamihara Chapel

Fridays, 6:30 pm, Prayer, Sagamihara Chapel

SEVENTH DAY ADVENTIST SERVICES

1st and 3rd Saturdays, Joint Service, Traditional Chapel at Yokota AB.

10 am, Sabbath School

11 am, Divine Worship

Contact Tom Johnson at 263-9004 or tjohn6@hotmail.com.

JEWISH SERVICES

Please contact Sharon Goodman at 267-6190, or sharonrok@yahoo.com for Jewish activities at Camp Zama and information about Jewish events in the Kanto Plain.

BUDDHIST SERVICES

(Soka Gakkai International)

Mondays and Fridays, 7 pm, discussion, Sagamihara Chapel, contact Mr. or Mrs. Fulford at 046-257-0613.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

Sundays, 1 - 4 pm, Sunday Service, LDS Church located on Route 40, 5 - 10 minutes outside Atsugi Base East Gate.

Tuesdays, 7 pm, Tuesday Night Youth Service, Sagamihara Chapel.

Call Richard Smith, 264-6545, or Reid Maekawa, 263-7869.

THE CHURCH OF CHRIST

Sundays, 9:45 am, Sagamihara Family Housing Area, 301D.

Wednesdays, 7 pm, Bible Study, Camp Zama #1076A.

For more information, call 263-6529 or e-mail slmerrell@yahoo.com

ON GOING BIBLE STUDIES

Wednesdays, 10:30 am - 12:30 pm, Korean/Japanese Bible Study at the Religious Education Center. Contact Misho Triggs at 267-6531.

Wednesdays, 6:30 - 7:30 pm, Adult and Youth Bible Study, Sagamihara Chapel, Pastor Sims at 263-7481/7108.

Thursdays, 9:30 am, PWOC (Protestant Women of the Chapel) Bible Study, Dana Sims at 263-7481.

Thursdays, 11:30 am, Men's Bible Study, CZCC Roberto's, CH Sears at 268-4534 or 267-6086.

Thursdays, 6 - 8 pm, PWOC Bible Study, Zama Chapel, Dana Sims at 263-7481.

Thursdays before Second Sunday, 6 - 7 pm, Men's Bible Study, Sagamihara Chapel, Pastor Sims at 263-7481/7108

CHAPEL ACTIVITIES IN FEBRUARY

Saturday, 2 February, 3:30 pm, Missionary Appreciation Dinner, CZCC.

Wednesday, 6 February, 5 pm, Ash Wednesday Mass, Zama Chapel.

Thursday, 21 February, 6:30 am, National Prayer Breakfast, CZCC.

The Zama Chapel community has many other programs for you and your family, (bible studies, youth groups, men's groups, women's groups, music programs). If you desire more information, please call the chapel at 263-4898.

...Cafe Roberto...

	8 oz	12 oz	16 oz
Cappuccino	\$2.25	\$2.75	\$3.25
Cafe' Latte	\$2.25	\$2.75	\$3.25
Blend Coffee	\$1.50	\$2.00	\$2.50
American Coffee	\$1.75	\$2.25	\$2.75
Mocha Latte	\$2.50	\$3.00	\$3.50
Espresso	\$1.75 (single)	\$2.25 (double)	
Hot Chocolate	\$1.50 (12 oz)		



PROUDLY SERVING



STARBUCKS COFFEE



W

anted:
Zama Arts and Crafts
Center is now looking
for acrylic paint, water
color paint, drawing,
washi-paper craft, and
digital photograph
instructors.

■ Arts and Crafts • 263-4412

CLASSES

• **Washi Paper Craft Workshop**

Fee is \$10; supplies are available at the sales store.

• **Tole Painting Class "American Folk Art"**

Thursdays, 3 pm, \$15 for a class

• **Ikebana** (fresh flower arrangement class)

1st, 2nd and 3rd Thursday, 2 pm.
\$15 for a class, plus ¥1,000 for a flower fee.

• **Shodo** (Japanese calligraphy class)

Thursdays, 3 pm, \$10 for a class, includes all supplies.

• **Wood Shop Orientation for DA 3031.**

Thursdays: 6 pm, Saturdays: 10 am.
No fee.

• **Frame Shop Orientation**

Wednesdays, 6 pm.

Fee, \$10 a class; supplies are not included.

Advance and refresher classes are conducted upon request. \$10 a class, supplies are not included.

NOTE: All classes require advance registration. Schedules are subject to change. Please call 263-4412 for more details.

PRINT SHOP

• **Screen Printing and Heat Transfer Printing**

We have screen printing and heat transfer printing for custom designed t-shirts, trucker caps, mug cups, mouse pads, and tiles and aluminum plaques.

BALLOON SHOP

We have a message for every special occasion in your life (helium filled mylar and latex balloons). For better service, place your order in advance.



• **Wednesdays Class:** 4 - 6 pm. \$20
Supplies are included. A monthly class or three month classes are also available.

• **Thursday Class:** 1st and 3rd Thursday, 6 - 8 pm. \$20 for a class, supplies are included.

• **Saturday Class:** 1st Saturday of the month, 10 am - noon. \$20 for a class, supplies are included.

• **Etsuke Class** (drawing for pottery) is also available at 5 - 6 pm. \$10 a class.

POTTERY CLASSES

Valentine's Day

"Balloon Delivery Service"



Delivery fees:

Camp Zama, \$5
Sagamihara Housing Area, \$7
Sagami Depot, \$10

Select your Valentine balloons at Arts and Crafts no later than COB Sunday, 10 February



Delivery date and time scheduled:
Thursday, 14 February, between 1 - 4 pm.

For more information,
263-4412

■ Outdoor Recreation and Local Tours • 263-4671

Temporary change in the hours of operations at the MWR Kennels due to staff shortages

Monday - Friday: 10 am - 5 pm (closed 12:30 - 1:30 for lunch)

Saturday - Sunday: 8:30 - 10:30 am and 2 - 4 pm

- In the event of an emergency please call 263-4671 during normal duty hours.
- Drop off and pickup of pets on the weekend will be done by appointment only (263-5915).
- For more information, please call John Senatore at 263-3311.

JANUARY TOURS AND EVENTS

• **Ski / Snowboard Trip for Beginners at Yuzawa Snow Park**

Saturday, 2 February

Depart: 4 am • Return: 8 pm

• **Yokohama Anpanman Children's Museum**

Saturday, 2 February

Depart: 9 am • Return: 4 pm

• **One Day Snowshoeing Tour with Minakami Canyons**

Sunday, 3 February

Depart: 4 am • Return: 8 pm

• **Setsubun Festival and Enoshima Free Time**

Sunday, 3 February

Depart: 9:30 am • Return: 6 pm

• **Cirque du Soleil "Dralion"**

Wednesday, 6 February

Depart: 3:30 pm • Return: 11 pm

• **Ski / Snowboard at Kawaba**

Saturday, 9 February

Depart: 4 am • Return: 10 pm

• **Chinese New Year's Celebration in Chinatown**

Saturday, 9 February

Depart: 10 am • Return: 5:30 pm

• **Sumo Tournament**

Sunday, 10 February

Depart: 9 am • Return: 7:30 pm

• **Shopping to "Diamond City" Mall**

Sunday, 10 February

Depart: 9:30 am • Return: 5 pm

• **Valentine's Day Dinner at Ukai-tei**

Thursday, 14 February

Depart: 4:30 pm • Return: 9:30 pm

• **Ski / Snowboard Trip for Beginners at Maiko Snow Resort**

Saturday, 16 February

Depart: 4 am • Return: 8 pm

• **Yunessan Hot Spa**

Sunday, 17 February

Depart: 7:30 am • Return: 5:30 pm

• **Plum Blossom Festival and Odowara Castle**

Sunday 17 February

Depart: 9 am • Return: 4:30 pm

• **Ski / Snowboard Overnight Trip to Hakuba**

Sunday - Monday, 17 - 18 February

Depart: 3 am • Return: 10 pm

• **Fugikyu Highland**

Monday, 18 February

Depart: 7 am • Return: 7 pm

• **Ski / Snowboard at Sun Alpina**

Saturday, 23 February

Depart: 3 am • Return: 10 pm

• **One Day Snowshoeing with Hakuba Evergreen**

Saturday, 23 February

Start: 3 am • Return: 2:30 am

• **Ski / Snowboard at Norm Minakami**

Sunday, 24 February

Depart: 5 am • Return: 9 pm

Depart: 5 am • Return: 9 pm

• **JGP Orchid Show 2008**

Sunday, 24 February

Depart: 8:30 am • Return: 4:30 pm

• **Cirque du Soleil "Dralion"**

■ Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

ON-LINE CATALOG.

Search our collection from home or work at: <http://www.yokotalibrary.com/uhtbin/webzama/>

NEW MCNAUGHTON BOOKS

- Daring Book For Girls by Andrea J. (Best-seller)
- Double Cross by Patterson, James (Best-seller)
- Home to Holly Springs by Karon, Jan (Best-seller)
- Now and Then by Parker, Robert B. (Best-seller)
- Protect and Defend by Flynn, Vince (Best-seller)
- Stone Cold by Baldacci, David (Best Seller)
- You, Staying Young by Oz, Mehmet (Best-seller)
- Ageless Face, Ageless Mind by Perricone, Nicholas
- Back on Blossom Street by

Macomber, Debbie

- Basic Black by Black, Cathie
- Fair Game by Plama, Valerie

NEW DVDS

- Berlin Alexanderplatz Drama
- King Lear: The Thames Shakespeare Collection Drama
- LA VIE EN ROSE Drama
- Ocean's Thirteen Drama
- Paris, je t'aime Drama
- John Cena: My Life Documentary
- John Steinbeck: An American Writer Documentary
- Marine, The Documentary
- Mark Twain: His Amazing Adventure Documentary
- Michelangelo: Self-Portrait Documentary
- SHREK Trilogy, The Children
- Cimarron Western



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Z A M A I T T



APRIL 5 - 13, 2008



SPRING ESCAPADE TOURS ARE AVAILABLE FOR SIGN-UP NOW.

- Best of China (Beijing - Xian - Shanghai)
- Beach & City (Singapore - Phuket)
- Exotic Asia (Bangkok - Hong Kong)
- Indo China Discovery (Siem Reap & Ho Chi Minh)
- Cairns Family Adventure (Cairns - Undara Lava Lodge - Great Barrier Reef)
- Thailand & Laos (Bangkok - Luang Prabang - Vientiane)
- Golden Triangle of India (Delhi - Jaipur - Varanasi - Agra)
- Tibet Discovery (Beijing - Chengdu - Lhasa)

Call Zama ITT or check our website for more information.



• Military PHONE 263-5273/4059
• Military FAX 263-7507
• E-Mail travel@zamaitt.com

• Commercial PHONE (046) 254-8896
• Commercial FAX (046) 255-0356
• Website: <http://zamaitt.com>



4 FEB '08 (Mon) • Doors Open at 7 am – Kickoff at 8:15 am • Zama Community Club

SUPER BOWL PARTY

XLIII

"ADULTS ONLY"

AFE presents



SPECIAL APPEARANCE BY THE
"ARIZONA CARDINAL"
CHEERLEADERS



IT'S ALL FREE including a fantastic breakfast buffet and delicious mid-morning snacks courtesy of the Camp Zama Community Club.

"COME EARLY"!!! THREE (3) DOOR PRIZES WILL BE GIVEN AWAY PRIOR TO KICKOFF. Also, the first 100 people will receive one of Outback's specially-packaged steak knives.

**** The entertaining **"ARIZONA CARDINAL CHEERLEADERS"** will dance prior to kickoff and also at halftime. **BRING YOUR CAMERA**----the cheerleaders will be autographing their pictures and will also be available for photos.

SPECIAL DRAWING FOR MILITARY PERSONNEL

**** Two drawings will be held for a "King" or "Queen" of the 2nd & 4th quarters. Each winner will sit with the cheerleaders as their "Special Guest" for the quarter and receive five(5) special prizes.**

PLUS, WIN GREAT DOOR PRIZES: (YOU "MUST" BE PRESENT TO WIN)

- Official NFL footballs with all 32 team logos (courtesy of Coors)
- Official NBA jackets (Celtics and 76ER'S courtesy of NBA)
- \$100 gift certificates (courtesy of AAFES and USA Federal Credit Union)
- Set of Taylor-Made golf irons and golf bag (courtesy of Budweiser)
- Nintendo Wii & Nintendo DS Lite electronic games (courtesy of DYDO)
- Food coupons (courtesy of TGI Friday's and Outback Steakhouse)

GRAND PRIZE DRAWING

Two (2) round trip airline tickets to Hawaii (courtesy of United Airlines) and two (2) tickets to the NFL PRO BOWL GAME on Sun, 10 February.

Important: the winner should be prepared to depart on 9 February.

For additional information, please phone 263-5995

MWR COMMERCIAL SPONSORSHIP thanks our sponsors for supporting the Camp Zama community.



The Budweiser and Coors Companies support responsible drinking.
Sponsorship does not imply endorsement by the U.S. Government.